Build a leftover turkey bowl from three components

A mix-and-match lunch planner and storage checklist. Use the free printable with the steps below; compare the optional supply only if you need it.

1. Pick three components

Choose safely stored leftover turkey, a cooked grain and vegetables that suit your meal. Check when each item was prepared and use the oldest safe component first.

2. Pack with texture in mind

Portion the turkey, grain and vegetables into suitable containers. Keep dressings and crisp garnishes separate if preferred, and refrigerate promptly.

3. Reheat according to food guidance

If reheating leftovers, heat to at least 165 F and check with a food thermometer. The planner does not extend safe storage time or make an unsafe leftover usable.

Keep perishable food cold and follow actual recipe, food and container instructions. Use the worksheet to organize ingredients and serving arrangements.

Your printable workspace

Protein	Grain	Vegetable

Turkey / date prepared

Grain / date prepared

Vegetable / date prepared

Storage or freezing plan

Use suitable items you own. Check exact product instructions before buying.